

# Herbed Cheese Spread

*Easy Summer Entertaining (1991)*

*Kraft General Foods, Inc.*

## **Yield: 1 1/4 cups**

1 container (8 ounce) light cream cheese  
1/2 cup Miracle Whip®  
2 tablespoons fresh parsley, chopped  
2 tablespoons green onions, finely chopped  
1 tablespoon fresh oregano, chopped  
1 tablespoon fresh basil, chopped  
1 tablespoon fresh chives, chopped  
1 clove garlic, minced  
1 teaspoon anchovy paste (optional)  
1/4 teaspoon pepper

## **Preparation Time: 20 minutes**

In a bowl, mix together all of the ingredients until well blended.

Pipe the mixture with a pastry tube fitted with a star tip into Belgian endive leaves, hollowed-out cherry tomatoes and hollowed-out summer squash slices.

*Variation: Substitute one teaspoon of dried oregano leaves, crushed, and one teaspoon of dried basil leaves, crushed, for two tablespoons of fresh oregano and basil.*

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Per Serving (excluding unknown items): 642 Calories; 61g Fat (84.6% calories from fat); 4g Protein; 21g Carbohydrate; 1g Dietary Fiber; 56mg Cholesterol; 927mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 12 Fat; 1 Other Carbohydrates.

Appetizers

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	642	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	84.6%	<b>Vitamin B12 (mcg):</b>	.2mcg
<b>% Calories from Carbohydrates:</b>	13.0%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	2.4%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	61g	<b>Folacin (mcg):</b>	29mcg
<b>Saturated Fat (g):</b>	11g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	1g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	56mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	21g		
<b>Dietary Fiber (g):</b>	1g		

## **Food Exchanges**

Grain (Starch): 0

**Protein (g):** 4g  
**Sodium (mg):** 927mg  
**Potassium (mg):** 157mg  
**Calcium (mg):** 81mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 17mg  
**Vitamin A (i.u.):** 910IU  
**Vitamin A (r.e.):** 132RE

**Lean Meat:** 1/2  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 12  
**Other Carbohydrates:** 1

## Nutrition Facts

### Amount Per Serving

**Calories** 642 Calories from Fat: 543

### % Daily Values\*

<b>Total Fat</b>	61g		94%
	Saturated Fat	11g	56%
<b>Cholesterol</b>	56mg		19%
<b>Sodium</b>	927mg		39%
<b>Total Carbohydrates</b>	21g		7%
	Dietary Fiber	1g	5%
<b>Protein</b>	4g		
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<b>Vitamin A</b>			18%
<b>Vitamin C</b>			28%
<b>Calcium</b>			8%
<b>Iron</b>			8%

\* Percent Daily Values are based on a 2000 calorie diet.